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303	W	569	A7	1 BR+FLEX	$298,900	$1,111
315	E	588	A9	1 BR+EB+FLEX	$281,900	$1,048
318	S	495	A3	1 BR+FLEX	$250,900	$933
511	E	548	A10	1 BR+EB+FLEX	$254,900	$948
517	SE	570	A19	1 BR+EB	$294,900	$1,097
609	E	511	A11	1 BR	$245,900	$914
620	S	495	A3	1 BR+FLEX	$242,900	$903
709	E	511	A11	1 BR	$247,900	$922
719	SE	764	B3	2 BR+EB	$391,900	$1,472
810	E	515	A11	1 BR	$249,900	$929
819	SE	764	B4	2 BR+EB	$393,900	$1,465
820	S	495	A3	1 BR+FLEX	$246,900	$918

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
910	E	515	A11	1 BR	$251,900	$937
1003	W	569	A7	1 BR+FLEX	$298,900	$1,111
1008	E	519	A11	1 BR	$253,900	$944
1106	W	733	B11	2 BR	$419,900	$1,561
1601	W	473	A1a	1 BR+FLEX	$258,900	$963
1910	W	481	A1	1 BR+FLEX	$264,900	$985
2503	N	460	A2	1 BR	$270,900	$1,007
3004	NE	857	B4	2 BR+EB+FLEX	$495,900	$1,844
3103	SE	807	C3	2 BR+EB	$519,900	$1,933
3204	S	495	A3	1 BR+FLEX	$297,900	$1,107
3206	W	481	A1	1 BR+FLEX	$297,900	$1,108
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Offers include freight and air tax of $1,650/$1,700/$1,700/$1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. Excess kilometrage charges are 12¢/km for Fiesta, Focus, C-Max, Fusion and Escape, 15¢/km for F-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect, 20¢/km for Expedition and Navigator, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ***Estimated fuel consumption ratings for 2013 Focus 2.0L I4 5-speed manual transmission (7.8L/100km (36MPG) City, 5.3L/100km (53MPG) Hwy/2013 Escape FWD 2.5L I4 6-speed automatic transmission (9.5L/100km (30MPG) City, 6.3L/100km (45MPG) Hwy/2013 F-150 4X4 5.0L V8 6-speed automatic transmission (15.0L/100km (19MPG) City, 10.6L/100km (27MPG) Hwy). Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ‡When properly equipped. Max. towing of 11,200 lbs with 3.7L Ecoboost 4x2 and 4x4 and 6.2L 2-valve V8 4x2 engines. Max. payloads of 3,120 lbs/3,100 lbs with 5.0L Ti-VCT V8 3.5L V6 Ecoboost 4x2 engines. Max. horsepower of 411 and max. torque of 434 on F-150 6.2L V8 engine. 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VANCOUVER metro®

NEWS WORTH SHARING.

Rebranded casino to book indie bands

Sorry Paul Anka and Lionel Richie fans, Hard Rock Casino Vancouver exec says the vibe's gonna be 'hip and cool' PAGE 3

Egypt's Morsi pounds fist, raises voice

Despite military ultimatum, embattled president says he won't step down and yield to millions of protesters PAGE 4

What if Barbie were shorter and curvier?

A researcher redesigns the doll based on more realistic proportions of a 19-year-old American woman PAGE 6

IT AIN'T WHERE HE'S BEEN BUT WHERE HE'S ABOUT TO GO

THE MARKETING OF JAY-Z'S LATEST ALBUM IS CHANGING THE RULES OF THE MUSIC INDUSTRY PAGE 7

Terror plot aimed to kill: RCMP

A photograph of pressure cookers that RCMP say two people intended to use as explosive devices is displayed as Canada Border Services Agency Pacific Region executive director Kim Scoville, left, and RCMP Assistant Commissioner Wayne Rideout stand by during a news conference to announce terrorism charges in Surrey on Tuesday. DARRYL DYCK/ THE CANADIAN PRESS

'Al-Qaida ideology.'

Duo planned to launch pressure-cooker blast during Canada Day party at B.C. legislature, police allege

RCMP say they have foiled a domestic terror attack hatched by two Canadian citizens, driven by an "al-Qaida ideology" to blow up the British Columbia legislature during Canada Day celebrations.

The force was informed of the alleged plot in February by the Canadian Security Intelligence Service, and a five-month investigation culminated with the arrests of two people in Abbotsford on Monday, RCMP announced on Tuesday.

"This self-radicalized behaviour was intended to cause maximum impact and harm to Canadian citizens," Assistant Commissioner Wayne Rideout said at a news conference in Surrey, B.C.

"They took steps to educate themselves and produce explosive devices designed to cause injury and death.

"The suspects were committed to acts of violence and discussed a wide variety of targets and techniques."

John Stuart Nuttall, 38, and Amanda Marie Korody, born in 1983, appeared in court Tuesday morning in Surrey, and were charged with three counts each: knowingly facilitating a terrorist activity, making or possessing an explosive device, and conspiracy to place an explosive device with the intent to cause death or injury.

RCMP released photos of what they said were the homemade bombs contained in pressure cookers, that police say are similar to a pair of bombs that killed three people and injured more than 260 during the Boston Marathon two months ago. The RCMP categorically ruled out any links to the Boston bombings.

"Our investigation revealed that these individuals were inspired by al-Qaida ideology but there is no evidence to indicate that these individuals had the support or were acting at the direction of a terrorist group, per se," said Assistant Commissioner James Malizia.

The RCMP revealed little about the suspects' background or what may have motivated the alleged conspiracy.

Tom Morino, a lawyer who has represented Nuttall in the past, said he spoke to him for about a half an hour from the lockup on Monday evening. Morino said he had not received any information from police about the case, but he said he will be involved, though he said he cannot represent both the accused. THE CANADIAN PRESS

Quoted

"These names don't ring a bell at all. They're not even Muslim names."

Adam Buksh, president of Surrey Jamiyah Mosque, in the city where police say both John Stuart Nuttall and Amanda Marie Korody were living

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NEWS

The real fireworks

Police break up 100-person drunken brawl

A 100-person drunken brawl broke out at MacLeod Athletic Park in Langley on Canada Day, just as the fireworks were about to start.

RCMP say they arrived on the scene to find a large crowd of youths yelling, swearing and fighting. Most were known to police and were arrested and taken to jail to sober up.

Supt. Derek Coke, who was off duty at the time attending the celebration with his family, jumped in to help uniformed officers handcuff belligerent suspects.

"A number of families left in advance of the fireworks to avoid the situation," he said in a statement. KATE WEBB/METRO

Bike share

Vancouverites want bikes: Poll

Vancouver's mayor apparently isn't alone in his love for cycling infrastructure.

Seventy per cent of Metro Vancouver residents support a bike-share system, such as Bixi, and 61 per cent are in favour of the bike-lane initiative, according to an Insights West poll of 596 residents.

The majority agreed that bike infrastructure encourages people to be active, makes roads safer and reduces pollution.

But the majority also said bike lanes hurt local business and make parking more difficult. More disagreed that bike lanes are a good use of taxpayer money (47 per cent) compared to 40 per cent who agreed.

The poll comes as Vancouver attempts to launch a bike-share system, which city officials say will happen in 2013. The launch has faced numerous delays, though officials have been vague on the reasons. EMILY JACKSON/METRO

An artist's rendering of the Hard Rock Casino Vancouver lobby. CONTRIBUTED

Hard Rock Casino coming to town

Coquitlam. Gaming group thinking outside the box while creating a one-stop entertainment shop

MATT KIELTYKA
matt.kieltyka@metronews.ca

A Hard Rock Casino is coming to Vancouver.

Great Canadian Gaming Corp. (GCGC) will announce Wednesday that the Boulevard Casino in Coquitlam will be renovated and rebranded as the Hard Rock Casino Vancouver after securing a licence for the international casino franchise.

Quoted

"Ours will still be Hard Rock and hip and cool, but very subtle. We really want to focus on Canadian music and celebrate the local indie scene too."

Howard Blank, vice-president of Great Canadian Gaming Corp.

The multimillion-dollar facelift will include the existing casino space and theatre and will add seven dining areas and restaurants, three additional live music and entertainment spaces and rock-and-roll memorabilia highlighting Canadian musicians.

GCGC had already secured approval from the City of Coquitlam to add a hotel and conference hall to the casino last year.

"It's the most major facelift of that property we've ever done," said Howard Blank, GCGC's vice-president.

"We toured the Hard Rock Casinos around the world, and each is designed with its own feel. Ours will still be Hard Rock and hip and cool, but very subtle. We really want to focus on Canadian music and celebrate the local indie scene too."

Indie music and casinos don't traditionally mix, but Blank thinks it can work.

"A lot of acts stay away from casinos, and the fact is casinos didn't want them either. It's more about the meat-and-potato acts," he said. "We're trying to be as diverse as possible."

Blank says the Boulevard and Richmond's RiverRock have done a good job attracting big-name entertainers who don't typically tour casinos and the Hard Rock moniker will help them further expand that lineup.

While other groups have tried and failed to build so-called "destination" casinos in the Vancouver area, GCGC says it's focused on catering to locals as a one-stop entertainment venue.

The Hard Rock Casino Vancouver is scheduled to open in winter 2013.

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Morsi defiant as clock ticks down to ouster by military

Egypt. President says he won't step down in face of ultimatum

The fate of Egypt's first democratically elected president hung in the balance Tuesday, hours before a deadline to yield to the demands of millions of protesters or see the military suspend the constitution, disband parliament and install a new leadership.

Embattled Islamist President Mohammed Morsi vowed not to resign, however, and he demanded that the powerful armed forces withdraw their ultimatum, saying he rejected all "dictates" — from home or abroad.

In a speech to the nation, he pledged to protect his "constitutional legitimacy" with his life and accused loyalists of his autocratic predecessor Hosni Mubarak of riding the current wave of protests to topple his regime.

Quoted

"There is no substitute for legitimacy."

Egyptian President Mohammed Morsi

Morsi, who at times angrily raised his voice, thrust his fist in the air and pounded the podium, warned that electoral and constitutional legitimacy "is the only guarantee against violence."

Morsi's defiant statement sets up a major confrontation between his Islamist supporters and Egyptians angry over what they see as his efforts to impose control by his Muslim Brotherhood as well as his failure to introduce reforms more than two years after the Arab Spring revolution.

His opponents say that he has lost his legitimacy through mistakes and power grabs and that their turnout on the streets shows the nation has turned against him.

THE ASSOCIATED PRESS

Supporters of Egypt's Islamist President Mohammed Morsi hold sticks and wear protective gear during training outside of the Rabia el-Adawiya mosque near the presidential palace in Cairo on Tuesday. Across town, Morsi's Islamist backers have hunkered down at their own rally site, vowing to resist what they depict as a threat of a coup against a legitimately elected president. AMR NABIL/THE ASSOCIATED PRESS

Cairo

Canadian Embassy closed

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters demanding the ouster of President Mohammed Morsi.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives," Roth wrote.

THE CANADIAN PRESS

Snowden's asylum hopes may rest on Venezuela

NSA leaker Edward Snowden's best chance of finding refuge outside the United States may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum from Snowden and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

Quoted

"He deserves protection under international and humanitarian law."

Venezuela President Nicolas Maduro on NSA leaker Edward Snowden

"He did not kill anyone and did not plant a bomb," Maduro said ahead of his meeting with Putin, the Interfax news agency reported. "What he did was tell a great truth in an effort to prevent wars."

The Kremlin-friendly newspaper Izvestia reported Monday that the two presidents would discuss Snowden, adding to speculation that arrangements would be made for him to travel to Venezuela. Snowden had initially booked flights to Cuba and then on to Venezuela before becoming trapped in legal limbo, believed to be unable to leave the Moscow airport.

THE ASSOCIATED PRESS

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Euro loses its lustre as reserve currency

2012 report. European debt crisis had central banks turning elsewhere

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's share was little changed at 61.9 per cent.

A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds.

The eurozone countries have struggled with heavy levels of public debt — Greece, Portugal, Ireland and Cyprus have needed financial rescue and even large economies like Spain and Italy have worryingly high debt. THE ASSOCIATED PRESS

Why hold reserves?

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- The country issuing the reserve currency can benefit because demand from abroad supports its exchange rate and can mean lower borrowing costs for the government.

Space disgrace

Russia's GPS rival crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV just after launch Tuesday, dealing another blow to the nation's space prestige. It also hurt one of the Kremlin's pet projects, the GLONASS satellite navigation system, intended as a Russian equivalent of the U.S. GPS system. THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.80¢ (- 0.28¢)

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Dow Jones: 14,932.41 (-42.55)

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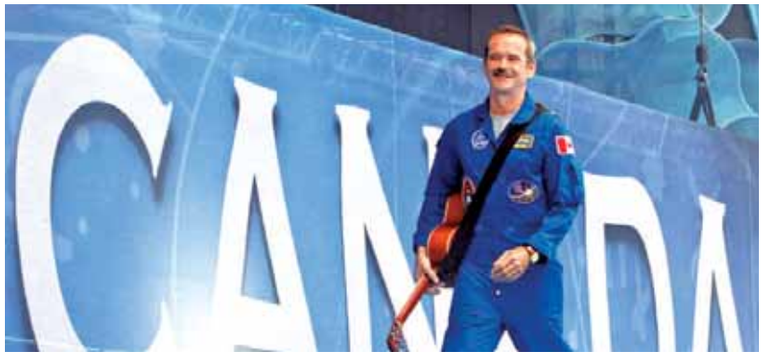

Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release An Astronaut's Guide to Life on Earth in the fall. The book will be published by Random House Canada and will offer stories, lessons and experiences from Hadfield's time in space. Hadfield retired in May after serving as commander of the International Space Station. FRED CHARTRAND/THE CANADIAN PRESS

New York City

Ex-Tiffany VP accused of stealing the sparkle

A former executive with Tiffany & Co. stole a little blue box bounty from the jeweller's midtown Manhattan headquarters and resold it for more than $1.3 million US, federal authorities said Tuesday.

Ingrid Lederhaas-Okun was arrested Tuesday at her home in Darien, Conn. She was to appear later in the day in federal court in Manhattan to face charges of wire fraud and interstate transportation of stolen property.

As vice-president of product development, Lederhaas-Okun had authority to "check out" jewelry from Tiffany to provide to potential manufacturers to determine production costs. Authorities allege that after she left Tiffany in February, the company discovered she had checked out 164 items that were never returned.

According to a criminal complaint, the missing jewelry included "numerous diamond bracelets in 18-karat gold; diamond drop and hoop earrings in platinum or 18-karat gold; diamond rings in platinum; rings with precious stones in 18-karat gold; and platinum and diamond pendants." THE ASSOCIATED PRESS

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HOW DID YOU NOT KNOW, JLO?

JUST SAYIN'

Paul Sullivan
metronews.ca

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid $1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, $1.5 million or no $1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s--t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turkmenistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

ZOOM

Two dolls, one reality

NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. METRO

Barbie vs. American girl

Barbie	American girl
Waist 46 cm	Waist 79 cm
Hips 84 cm	Hips 84 cm
Bust 91 cm	Bust 81 cm

Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. NICKOLAY LAMM/MYDEALS.COM

Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm
Artist and researcher

Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.

THE ASSOCIATED PRESS

Outside Magazine:

In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)

National Geographic:

Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)

Cronkite New Online:

Preparing for the Worst: In an article dated June 30, Connor Radnovich spends time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)

Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Action

The Lone Ranger

Director. Gregor "Gore" Verbinski

Stars. Johnny Depp

●●●●○

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer.

RICHARD CROUSE

Celebrity news

Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes).

METRO

Jigga what? Jigga who? Jay-Z flipping the script

Music business. The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY
Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint.

Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Jay-Z wants to change the way you get your music. GETTY IMAGES

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the personal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet.

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world at one time and letting them share it."

Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival.

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The Word

Drake skips BET awards over feud with Chris Brown

MELINDA TAUB
Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road.

Drake and Chris Brown can't stand each other, and according to Hollywood Life, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris Brown," a source said. Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown? Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher — Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells GQ in the July issue about his forthcoming album Nothing Was The Same. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kim Kardashian

Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells RadarOnline.com. "She says she feels isolated and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

Twitter

@JimGaffigan
Happy Canada Day! It's an honour to have you on toup. Sourry.

@AmandaBynes
I Want A Million Dollars A Year For Illegally Having My Mind Read And Privacy Stolen

@mindykaling
What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help

@Bethenny
When i connect with my girlfriends, i realize we're all hanging on by a thread: sick children, marriage stress, finances etc.

Doing Disney World is no Mickey Mouse undertaking

Live and learn.
Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY
elisha.dacey@metronews.ca

Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY

Trying to sum up Walt Disney World in one short article is impossible. There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into research. Then I ignored most of it.

Here's what did work for us:

It's not all sunshine in Orlando
In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying $21 for plastic Disney ponchos.

Bring Band-Aids
You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.

Bring out your running shoes
And don't wear any other kind of shoes. Good thick socks that wick away sweat also help.

The best investment we made:
Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

The food isn't that expensive
I saw a lot of complaints about how expensive the food is on various websites, but that's because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

However, the food is hit-and-miss
Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

Use the hotel concierge's services
I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services — it's free — to find reservations at the various parks.

Remember to nap
Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

Take a break
We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

Hug every character, even if you're not a hugger
You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.

Give lots of hugs. DISNEY

Camping

Don't be afraid of the great outdoors

ON THE MOVE
Loren Christie
life@metronews.ca

Reluctant to rough it? You don't need to be an experienced adventurist to enjoy camping in Canada. For people who want to get a taste of our country's great outdoors, consider the following:

Check out Parks Canada's Learn to Camp programs: They run throughout the summer at various national parks across the country and teach camping related skills like how to set up a tent or cook outside. Ontario Parks has its own version of Learn to Camp that includes a new 'Graduate' session for past participants.

Their programs are overnights that include all camping equipment. You just have to bring your own food, bedding and personal items. A bonus for those without wheels is this season's expanded Parkbus service leaving from downtown Toronto or Ottawa. Campers can take advantage of this transit service offering direct transportation to beautiful parks like Algonquin and Killarney.

Sleep in comfort and get off the ground:
Yurts are round tent-like abodes offering urban comforts such as electricity and furniture. They have become quite popular over the last few years in parks from Nova Scotia to British Columbia.

Exclusive to a couple of national parks in Alberta and Quebec, oTENTiks are a cross between an A-frame cabin and a prospector tent mounted on a raised wooden floor, making it warm, dry and cozy.

Plan in advance:
Whether or not a park requires advance reservations, it's worth making one to ensure you secure the days and spot you want.

Make a camping equipment checklist. I have a tattered and stained one from 1999 that I dig out annually. It will help you get organized. Parks Canada has a great checklist app you can download that includes safety tips, recipes and first timer advice. Don't panic if you don't own everything on the list.

Places like Mountain Equipment Co-op rent out big ticket items such as tents, sleeping bags and backpacks. For smaller items, consider borrowing from friends or better yet, invite them and their equipment along. Camping is more fun as a group anyway.

On a veggie-eating roll

Asparagus, Red Pepper and Goat Cheese Phyllo Roll

This dish serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING

Traditionally, for this dish you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative.

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water cook asparagus 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook 1 minute. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other; brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top. Spread cheese mixture overtop. Add sweet pepper mixture, and place the asparagus spears on top.

6. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)**

Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

When your business meets bon voyage

Work on the fly. You've just settled into your new job and now you're leaving on a jet plane? What to prepare.

MEGHAN GREAVES
TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in her role, she was shining bright enough for her boss to give her the responsibility of heading down to Cleveland, Ohio for a month.

Kristie shared how, as a new grad, she successfully got through her first business trip, and how it not only brought benefits to her company but her career as well.

Why were you expected to travel as a new grad?
We had just recently formed a partnership with a new client in Cleveland, Ohio. The president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

What did you have to get in order/prepare to ensure that your business trip went smoothly?
The first step was to plan flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement. Communicating this to my boss also worried me because I thought he might think less of me. Fortunately he was very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

How were you successfully able to work well with a new and different team?
My role on this team, as a leader, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

When travelling, is it important to stay in contact with your manager or boss daily to keep them updated?
Every night I would Skype with my boss to debrief him of the day previous. This was very helpful because he gave me strategies to deal with any issues I might have and how to approach the coming day. It was also important to receive feedback from them about my performance while I was away.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself. ISTOCK

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What to do if you're a 22-22-22

What a difference digital makes.
Looking to the law as the new landscape of work takes shape

PARISA NIKFARJAM
TalentEgg.ca

Born between 1981 and 2000, the millions of Canadian members of Generation Y have accepted working hours and conditions that have coined a new catch phrase in the workplace — "22-22-22" — meaning a 22-year-old willing to work 22-hour days for $22,000 a year.

Although the exact figures may differ from workplace to workplace (especially the 22-hour workday), the trend for members of Generation Y is to work more hours, at different locations, through different means, and often for less money.

While these arrangements may help the 22-22-22 employee get a foothold in the workplace and gain experience in their chosen fields, there are important employment legal implications that should be addressed by both employees and employers. Here is a snapshot:

Health and safety in the workplace

The 22-22-22 arrangement may result in increased claims for benefits for fatigue, disability or psychological harm associated with working long hours, with little pay and little security.

For example, while volunteers and apprentices are not covered by the Employment Standards Act, 2000 (ESA) or the worker's compensation regime in Ontario, employers still have general responsibility for the health and safety of volunteers and apprentices, visiting or "helping out" in their workplaces under the Occupational Health and Safety Act.

Whether or not digital labour is included in an employment contract, a 22-22-22 employee should keep clear records of digital activity connected to their employment in order to seek compensation for this work. ISTOCK

Overtime and digital labour

The ESA sets limits to the number of hours employees can work, which the 22-22-22 employee (working the "22-hour" workday) easily surpasses, creating entitlement to overtime. With certain exceptions such as doctors, lawyers, mushroom growers (seriously!), this entitlement cannot be bypassed by providing salaries or giving an employee the title of manager.

What may also add to the overtime claim of the 22-22-22 employee is the extent to which hours spent on emails, blogs, Facebook posts and tweets will constitute "work" for the purpose of compensation and overtime. It is not yet clear, unless it has been included in the employment contract, if social media work is compensable.

How to cope with the 22-22-22 arrangement

Clear employment contract

It is important to set out (either at the beginning of the relationship or through amendments) the framework for the employment relationship, with a particular emphasis on what is included and excluded (and not compensable) under the employment contract.

As a best practice, digital labour, and to what extent a 22-22-22 employee is responsible and compensated for it, should be addressed as part of the employment contract. With the reliance on digital devices, it may now be suitable to have this conversation when negotiating the terms of an employment contract.

Overtime pay

Unless exempted from overtime hour provisions under the ESA, employees should request payment for overtime hours or take advantage of time off in lieu of overtime pay. It is important to also keep in mind that an employer cannot intimidate, fire, suspend or otherwise punish a 22-22-22 employee if he or she refuses to work more than the maximum daily (eight hours) and weekly hours (48 hours) of work. If this happens, a 22-22-22 employee can file a complaint with the Ministry of Labour or seek legal advice with respect to their options.

Accommodation

Where the hours and demands of the job, coupled with obligations outside of work, are having an effect on psychological and physical well-being, the 22-22-22 employee may want to canvass the potential for accommodation (i.e., flex time; working from home, etc.).

Keep in mind, however, that accommodation requests should be based on a legitimate need rather than preferences, and may also require supporting documentation. If the request for accommodation is denied, seek out the reason(s), and determine if they are based on legitimate grounds. Keeping in mind that the accommodation process is a two-way street, which requires that the employer and employee work together, will allow this process to be more successful for both parties.

THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.

PARISA NIKFARJAM IS AN EMPLOYMENT LAWYER WITH RUBIN THOMLINSON LLP.

Constructive dismissal claim

If the employee (unwillingly) becomes a 22-22-22 employee over time, and it is through the employer's modification (or addition) of duties, the 22-22-22 employee may have grounds to refuse the additional work, and treat the employment contract as if it is at an end.

- Remedy for constructive dismissal (i.e., reasonable notice payment) exists only if the employer's actions significantly and qualitatively changes the employment relationship (i.e., substantial change(s) in pay, duties, hours). This is a major step, and should not be taken lightly and without legal advice.
- With permanent employment becoming more elusive, 22-22-22 employment arrangements may be an acceptable option for many young employees. However, ignoring one's rights for a job, without at least having an awareness and/or conversation about one's legal entitlements and options, may not be the foundation on which to develop an entire career.

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Meeting your first meeting head-on

Sit but don't quit.
Between conference calls and PowerPoint presentations, you may just pick up a few brownie points

MEGHAN GREAVES
TalentEgg.ca

Unless a laptop has been approved for the meeting, take notes with a pen and paper. ISTOCK

One of the many new things you'll do when starting a new job is attend your very first meeting! Not a big deal right? Well sort of. In the grand scheme of things, it will more than likely not make or break your career. But it is something that you want to tackle properly.

Nobody enjoys sitting for hours on end, in a drab conference room, listening to person after person drone on about something nobody cares about anyway. Luckily, the trend in recent years has been to shorten meetings to make them more efficient, creative and collaborative. Meetings have become less time consuming, increasingly more team oriented and in general more enjoyable, so they're more productive than ever. Employers understand the importance of facilitating an effective meeting not only for their employees, but the company as a whole. So, how do you rock the socks off your first meeting, you might ask? Read on to learn how.

Prepare
This might seem obvious, but "prepare" doesn't mean showing up to the meeting ready to take pages of notes. Be ready to do that, but also think about getting enough sleep the night before to avoid being drowsy half way through, eating at the right time so your tummy doesn't start grumbling and being deeply aware of what the meeting will cover.

Be present
It's very important to show that you're not only physically present during the meeting, but mentally as well. You can do this by:

- Listening and taking notes as necessary. Try to keep all of your questions until the end when there will likely be a question period. Besides, your question might be answered along the way anyways.

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MLB

Bailey produces another no-hitter

Homer Bailey has thrown his second no-hitter in 10 months and the first in the majors this season, pitching the Cincinnati Reds to a 3-0 win over the slumping San Francisco Giants on Tuesday night.

Bailey (5-6) became the third Reds pitcher with more than one no-hitter, joining Jim Maloney and Johnny Vander Meer. Bailey beat the Pirates 1-0 in Pittsburgh last Sept. 28.

The right-hander walked Gregor Blanco to lead off the seventh, the only Giants batter to reach base. First baseman Joey Votto threw out Blanco as he tried to reach third on a grounder.

Bailey finished it off by getting Brandon Crawford on a high comebacker, striking out Tony Abreu and getting Blanco on a grounder to third in the ninth inning.

THE ASSOCIATED PRESS

Tennis

Lisicki continues Wimbledon roll

If Sabine Lisicki had a letdown after defeating Serena Williams, it didn't show.

If Lisicki is pencilling herself into the Wimbledon final, she isn't saying.

Showing no drop-off after her dramatic victory over Williams, the 23rd-seeded Lisicki returned Tuesday and made quick work of a much less intimidating opponent, 46th-ranked Kaia Kanepi, dispatching her 6-3, 6-3 in 65 minutes to advance to her second career Wimbledon semifinal.

THE ASSOCIATED PRESS

Brad Davis of the Dynamo and the Whitecaps' Matt Watson battle for the ball on Feb. 20 in Charleston, N.C. RAINIER EHRHARDT/GETTY IMAGES

Whitecaps hit the road running to K.C.

MLS. Vancouver looks for its third win in four games away from BC Place Stadium on Wednesday

Not long ago, it was taken for granted that the Vancouver Whitecaps would struggle on the road.

A draw was often their best hope.

But heading into Wednesday's game against Sporting Kansas City, the Caps are starting to prove themselves capable of playing well away from BC Place Stadium — at least for the time being. The Whitecaps have a chance to earn their third win in four road games and, more important, extend their overall victory streak to four games.

"Our record at BC Place is very strong, but for us to move up and develop we need to consistently win on the road," coach Martin Rennie told reporters in Washington, D.C., last weekend. "I think we showed the qualities to do that, and we need to keep doing that each time we take to the field when we're not at home."

The Whitecaps (7-5-4) are coming off a 1-0 victory over D.C. United in the U.S. capital on Saturday, when they delivered a solid effort that varied from the high-scoring affairs of other recent games. Rennie's crew also posted a road victory against the New York Red Bulls earlier this month, marking the club's first win over the perennial powerhouse.

"To win at D.C. and win at New York are two tough places to come win, and we've managed to come together as a team these last couple weeks on the road, and the performances have shown," Whitecaps goalkeeper Brad Knighton said after the win at D.C.

THE CANADIAN PRESS

Teibert out, Watson in

With Russell Teibert away on international duty with Canada's Gold Cup entry, the Whitecaps will be looking to midfielder Matt Watson to fill the void. Watson made a fine run onto a through ball that resulted in the penalty kick on which Camilo Sanvezzo scored to give Vancouver the win in Washington.

New Vancouver team in position to succeed: NLL commissioner

Denise Watkins is banking on Canada's rich lacrosse history making a difference as the National Lacrosse League ventures into Vancouver for a second time.

Watkins is the co-owner, along with her husband, Bill, of the new Vancouver Stealth, which has relocated to suburban Langley, B.C., after it could not find its niche in Everett, Wash.

"I don't think anything per se went wrong," Watkins said on Tuesday following an introductory news conference. "The difficulty in the United States, still, is that the sport is not well known."

Quoted

"We're not done. "We'd like to have more Canadian cities."

George Daniel, NLL commissioner, on adding more Canadian teams.

NLL commissioner George Daniel said the Stealth will increase rivalries within Canada as it competes against the Calgary Roughnecks, Edmonton Rush and Toronto Rock. The league, he added, also has a chance to boost its TV revenues now that it has a coast-to-coast presence in Canada.

THE CANADIAN PRESS

NHL

Lecavalier lands with the Flyers

The Philadelphia Flyers have signed veteran centre Vincent Lecavalier to a multi-year contract.

The Tampa Bay Lightning let their 33-year-old captain go last week, and the Flyers pounced on Tuesday night, signing him to a reported five-year deal worth $22.5 million.

Tampa Bay cut ties with Lecavalier to clear space under a smaller salary cap. The Flyers took advantage of both of their compliance buyouts to release forward Danny Briere and goaltender Ilya Bryzgalov.

Lecavalier didn't mesh with Tampa Bay's plans, or at least his contract didn't, with seven years and $45 million remaining on it. The four-time All-Star, drafted No. 1 overall by the Lightning in 1998, helped the franchise win the Stanley Cup in 2004 and scored a franchise-high 383 goals.

The buyout saved Tampa Bay more than $7.7 million cap space for the upcoming season.

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The 2014 Ford Fiesta

Review. With three options to choose from let's get the party started

MALCOLM GUNN
wheelbasemedia.com

Well, your job just got a little tougher. It's not because the 2014 Ford Fiesta looks better, which it does, it's because this sub-compact sedan/hatchback now includes a thrifty turbo option as well as a hot hatchback with close to 200 horsepower. Decisions, decisions.

Since its 2011-model-year launch, the European-designed, Mexico-built Fiesta, along with its Focus counterpart, has given Ford ample small-car credibility in North America. The four-door sedan — a model created specifically for this continent — offers great looks, but the more youthful hatchback is the one that garners the most attention and is arguably the most practical in terms of passenger and stowage space.

From the nose on back, the Fiesta remains pretty much unchanged. As with most sub-compacts, the car is narrow at the waist and a tight fit for adult-size rear-seat riders. But the interior is also an exercise in good taste, with ergo-friendly switches and controls and quality seat coverings and door panels, especially on up-level models. While the split rear seat doesn't fold flush with the floor, it's sufficiently flat to give you double the capacity compared to the sedan's spacious trunk, even though the hatchback is 33 centimetres shorter.

2014 Ford Fiesta

- **Type.** Four-passenger-door, front-wheel-drive sub-compact sedan/hatchback
- **Engines (hp).** 1.6-litre DOHC I4 (120); 1.0-liter DOHC I3, turbocharged (123); 1.6-litre DOHC I4, turbocharged (197)
- **Base price (incl. destination)** $15,700

Technology

The Fiesta was given an improved "Sync" communications/infotainment system with upgraded voice command software, more workable hands-free Bluetooth short-range wireless connectivity and an easier-to-use optional navigation system.

Design

Ford's stylists have done a major number on the front bodywork. The result is a proboscis that pays tribute to the 2013 Ford Fusion sedan. The open-mouth grille really seems to suit the car and is a significant improvement over the tiny air inlet on the 2013 version.

The base 1.6-litre engine will be joined by an optional 1.0-litre (999 cubic-centimetres, to be precise) three-cylinder powerplant later in the model year. But don't let the diminutive size fool you. This engine is a member of Ford's turbocharged EcoBoost lineup, which has become well-known for extracting maximum power and fuel economy from minimal displacement. In the Fiesta's case, the tiny 1.0 puts out 123 horsepower and, more importantly, 148 pound-feet of torque.

At this point Ford is being coy concerning the littlest turbo's fuel numbers, other than to state that its highway rating will best the base 1.6's 4.9 l/100 km figure. At the opposite end of the spectrum, the new Fiesta ST model promises a lively driving experience for the serious enthusiast. Its turbocharged 1.6-litre engine, which is also available in the Fusion, delivers 197 horsepower and 202 pound-feet of torque.

As with the Focus ST, proficiency in using a six-speed manual gearbox is a must since it's the only transmission available. Other ST components include a blacked-out honeycomb grille, unique 17-inch wheels (15-inch wheels are standard) and rear spoiler, quicker-ratio steering, larger brakes and a sport-tuned suspension. On the inside, heated sport-style cloth bucket seats are standard, but you can upgrade to Recaro-brand front buckets with leather inserts.

To ensure everyone aboard is aware that all 197 horses are working at full gallop, the ST's engine sounds are actually piped into the cabin using what's called a "Sound Symposer." The ST is on-the-road-priced at about $26,500, but add another $2,500 or so for the Recaro seat option. That's about $10,800 above the price of a basic Fiesta S sedan, but that should be considered pretty reasonable for a sports hatchback possessing that level of power.

Along with the high-strutting ST, the fun-injected Fiesta lineup for 2014 continues to party on for frugal small-car lovers.

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Horoscopes

♈ Aries
March 21 - April 20
Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

♉ Taurus
April 21 - May 21
Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

♊ Gemini
May 22 - June 21
Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

♋ Cancer
June 22 - July 23
Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

♌ Leo
July 24 - Aug. 23
You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

♍ Virgo
Aug. 24 - Sept. 23
Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

♎ Libra
Sept. 24 - Oct. 23
It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

♏ Scorpio
Oct. 24 - Nov. 22
Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

♐ Sagittarius
Nov. 23 - Dec. 21
Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

♑ Capricorn
Dec. 22 - Jan. 20
You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

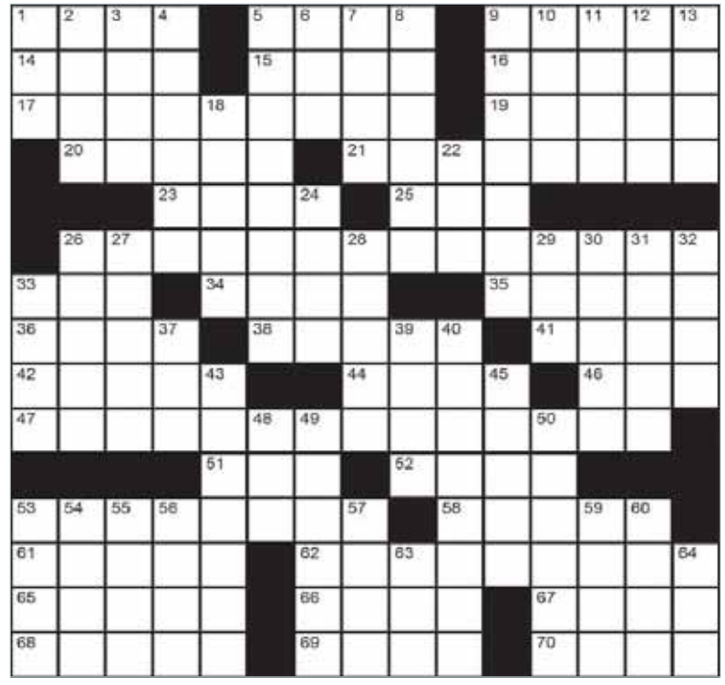
♒ Aquarius
Jan. 21 - Feb. 19
Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

♓ Pisces
Feb. 20 - March 20
If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



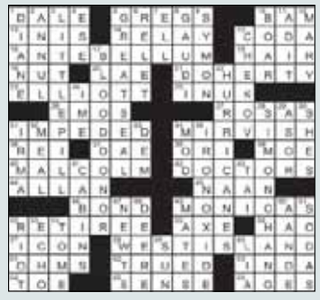
Across

1. Ms. Amos
5. Bird's flying move
9. Macaroni & Cheese = __ Dinner
14. Shakespeare's river
15. James __ (Co-writer of Broadway musical Hair)
16. Viking chieftain of Normandy
17. Celebrity photo takers
19. Bernie's co-songwriter
20. Town just south of Edmonton
21. Address spot
23. Inquires
25. Prof's helpers
26. Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
33. Lay the grass
34. Burden
35. God in Arabic
36. Ms. Sedgwick
38. Fairy tale name
41. Ballet movement
42. Sewing cases
44. Ancient region of Europe
46. Stop
47. 'Sugar-Free Gum' ...en francais: 3 mots
51. Scientific spot, shortly
52. Prong
53. Track racing vehicle: 2 wds.
58. Chili con __
61. Garlic mayonnaise
62. Beach's refreshing wind: 2 wds.
65. Type of comic book artist
66. Fashion designer, Marc __
67. Magic spell beginning...
68. Verbally agree, ___
69. Soul music record label
70. Temporary money

Down

1. Faucet
2. __ Office
3. Lasso
4. Within 24 hours: 3 wds.
5. Divisive method of gas and oil extraction
6. __-_-Boy (Recliners brand)
7. Carpentry tool, variantly
8. Montreal suburb, __-Claire
9. Canadian R&B singer Ms. Turner
10. Salad's friend
11. Saxophone sort
12. Collapse
13. Muscle quality
18. Rene of "Tin Cup" (1996)
22. Tsar as Czar = __. sp.
24. Disparage
26. Three Dog Night's "__ __ the World"
27. Tight as _ __
28. Peaceful hand signal
29. "Lucky Man" rock gr.
30. Aunt in Oklahoma!
31. "Rawhide" by Frankie __
32. Backyard building
33. Keel part
37. Point
39. Sailboat part
40. Instrumental hit for Canadian musician Frank Mills: "__ __ Dancer"
43. Manitoba city; or, BC mountain range
45. Of the moon
48. Cul-de-__
49. Puts down
50. Shreddies
53. "Je ne __ quoi."
54. Bryan's "It's Only Love" duettist
55. Bit of "The Addams Family" theme: "...mysterious and spooky / They're all together __..."
56. Liz Taylor role in '63
57. Prefix with 'angle'
59. Biblical mount
60. Poet Mr. Pound
63. Alias letters
64. Suffix with 'Jacob'

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6				4				1
	1				5	3	4	
	7		9	6				
	6					9		
3		9				2		5
		4					8	
				2	4		5	
	4	1	8				7	
8				3				2

Yesterday's Sudoku

8	5	2	1	6	4	9	7	3
6	4	7	9	3	2	5	8	1
1	3	9	7	5	8	4	6	2
9	2	1	4	8	3	7	5	6
3	6	8	5	7	1	2	4	9
4	7	5	2	9	6	3	1	8
7	8	4	3	1	9	6	2	5
5	9	6	8	2	7	1	3	4
2	1	3	6	4	5	8	9	7

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203	N	506	A3b	1 BR+FLEX	$242,900	$903
205	E	620	B10	2 BR	$320,900	$1,193
207	SW	756	B8	2 BR+FLEX	$389,900	$1,450
507	SE	760	B14a	2 BR+FLEX	$389,900	$1,450
653	N	506	A3b	1 BR+FLEX	$248,900	$926
752	NW	577	A6	1 BR+FLEX	$279,900	$1,041
853	N	506	A3b	1 BR+FLEX	$252,900	$940
855	E	454	A5	1 BR+FLEX	$232,900	$866
953	N	506	A3b	1 BR+FLEX	$254,900	$948
954	NE	584	A6	1 BR+FLEX	$283,900	$1,056
1057	E	635	A12	1 BR+D+FLEX	$333,900	$1,242

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
1059	S	517	A3a	1 BR+FLEX	$251,900	$937
1505	E	454	A5	1 BR+FLEX	$242,900	$903
2110	W	481	A1b	1 BR+FLEX	$266,900	$902
2208	S	513	A3a	1 BR+FLEX	$274,900	$1,022
2310	W	481	A1b	1 BR+FLEX	$270,900	$1,007
2603	N	506	A3b	1 BR+FLEX	$286,900	$1,067
2809	SW	646	B1a	2 BR	$388,900	$1,446
3005	E	454	A5	1 BR+FLEX	$278,900	$1,037
3009	SW	646	B1a	2 BR	$399,900	$1,487
3102	NW	879	C7	2 BR+FLEX	$549,900	$2,045
3204	E	650	C4	2 BR	$394,900	$1,468
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